



MAY 2025

www.aging.jacksonnc.org

JACKSONIAN

A MONTHLY PUBLICATION OF THE JACKSON COUNTY
DEPARTMENT ON AGING



90 years, 9 decades, compared to the age of the universe, just a rounding error in a decimal place a long way from zero. Compared to me, well, it's exactly 2x me. In 1935, the Social Security Act passed, the Hoover Dam was completed, Elvis was born, and beer started being packaged in cans. A home was \$3,900, a new car \$860, eggs \$.18, and Milk \$.50. The average person brought home \$1125 per year. Wow have things changed! We can travel to just about anywhere in a day or less, we can see and talk to people live, around the world. We are living longer thanks to major breakthroughs in medicine. We have a celebration coming up in May for anyone who was born at least 90 years ago, I am simply just amazed at the changes they have seen in their lifetime. Lets make it a point to spend some time with these folks, lets hear the stories of the changes in each of their lives. Mostly, lets just cherish those who know so much about life and learn all we can.

-Jamie



Are you or someone you know turning 90 or older this year? If so, we invite you to celebrate with us at our annual 90's BIRTHDAY PARTY EVENT from 2-4pm, May 30th. To RSVP, call 828-586-5494 by Monday, May 19. Light Refreshments will be provided.

You're Invited Asking Directions



Join Department on Aging Director Jamie Davis and Senior Center Coordinator Amanda Barnes for conversation, coffee and donuts. This is an open forum for you the participants!

May 6th at 9:00 am in the Heritage room.



Project CARE
Sylva Methodist volunteers building the first half of a 50' ramp for the client in Sylva.

For more pictures from Project CARE, please see page 3



LOVE TAI CHI?
Become an **INSTRUCTOR!**



- Grow Community
- Improve Health
- Prevent Falls
- Make Friends
- Share Your Skills



Contact Laura Rodi (828) 631-8033

Check your Blood Pressure in our lobby

Self Check: Drop In
Monday - Friday
8am - 5pm

Nurse Assisted:
Second Tuesday each
month at 10am



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A Note From Your Senior Center Coordinator

Hi Participants,

It's your Senior Center Coordinator here, Amanda. I just wanted to write all of you and tell you how thankful I am for each and every one of you and your presence here at our center each day. You are the reason we come in daily ready to serve and make this a center of excellence! With that being said, I wanted to just take a moment to go over a couple of items to help ensure we keep our center running top notch for everyone to enjoy. First let's talk about coffee! Clara comes in bright and early in the mornings and makes sure we are stocked and ready to go with hot coffee as soon as you come in the door and we are so thankful to her for this. I do want to remind you, that there is a Keurig in the kitchen on the rare days that coffee may not be made when you arrive right at 8am. The Keurig is located in the kitchen and is open for use to all. We do ask that you only use one of the center provided pods per day, or you can bring your own if you would like multiple cups of coffee from the Keurig in one day. This specific Keurig also has the option to make a pot of coffee, we do just ask that you please empty the pot and make sure to rinse it out with warm water and soap once you are done. Please do not leave the coffee pot full after you have used it and please do not leave K-Cup pods in the Keurig after you make a cup. Let's keep everything clean and running for all to enjoy! Also, if you would like to make a full carafe of coffee, you may always do so by opening the top kitchen cabinet nearest to the coffee maker where you will find step by step instructions to do so! Thank you in advance for helping us keep our kitchen and center clean for all!

Secondly, please remember that we want this to be a welcoming and inclusive Senior Center for ALL to enjoy. We've all been new somewhere, at some point in our lives and we all know it can be a scary feeling to be new. Please welcome all new participants with open arms, as we hope to continue to grow and grow! We are a family here and we need to remember to take care of one another, remembering that kindness is free and one of the best gifts you can give to others. We all face obstacles in this life and need support from time to time, you never know if your simple act of kindness could be the reason someone smiles today. This also includes kindness and respect not only for one another, but also for our staff and instructors. We come in everyday with the goal of serving you and providing you with the best possible programs and services and are most often doing so on a very small crew.

Please remember that we always strive to provide the very best for you.

Let's respect one another and our beautiful space we are so lucky to have here!

"Kindness is free, sprinkle that stuff everywhere."



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.gov



The best way to fight Medicare Fraud is by checking your Explanations of Benefits!

Please double check your Medicare statements! Scammers will target you through various methods to obtain your Medicare number, then use that number to bill fraudulent items to Medicare.

MAY IS MENTAL HEALTH AWARENESS MONTH

Each year millions of Americans face the reality of living with a mental illness. Nearly one in five Americans lives with a mental health condition. Those living with mental health conditions are our family, friends, classmates, neighbors, and coworkers. Your mental health is just as important as your physical health.

Mental health care includes services and programs to help diagnose and treat mental health conditions. These services and programs may be provided in outpatient and inpatient settings. Medicare helps cover outpatient and inpatient mental health care, as well as prescription drugs you may need to treat a mental health condition. Ask a SHIIP counselor for more information.

for more information contact: Meagan Mintz @ 828-631-8037



**HELLO
SPRING**



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Project C.A.R.E (Community Action to Reach Elderly) provides safety modifications for low income elderly, homebound seniors and other qualifying persons in Jackson County.



The Sylva Methodist team helped again, this time with a 36' ramp for a long time volunteer, Chris Rogers.



A team from Sylva Methodist assisted in building a 50' ramp for a client in Sylva.



The Project CARE team built a 40' ramp for a client in Tuckasegee.



The Project CARE team replaced a 20' ramp for a client in Whittier.



The wood lot in Cullowhee got some clean up assistance by WCU sorority and fraternity members.



Matt and Daniel have just about finished the equipment storage shed at the new Calvary Church wood lot.

In-Home List

JACKSON COUNTY DEPT ON AGING

Self Employment
helping seniors in their homes

Set your own:
schedule, pay rate and duties performed

The Department on Aging continues to accept candidates for the **In-Home List**. Those wishing to work in the community providing home management, personal care, or respite services are encouraged to sign-up for the list.

For more information
call Phyllis Phillips at 631-8039



The Jackson County Veterans Office will be hosting a **Suicide Prevention Training** on Thursday, June 12th from 1 p.m. to 2 p.m. in the Heritage Room at the Department on Aging.

Our partners from the Charles George VAMC Suicide Prevention Team will be conducting the training. Please register to attend by calling the Veteran's office at **828-631-2231**



SYLVA SENIOR CAFE

Monday - Friday 11:30 - 12:30

MAKE NEW FRIENDS

KEEP THE OLD

Price for Private Pay \$6.00

Contact Heather Phillips, Congregate Meals Manager for reservations: 828-586-5494

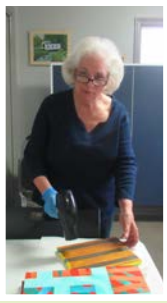
Monthly Birthday Celebration at the Senior Cafe in Sylva

Check the monthly calendar for the date! Reserve your spot for lunch and cupcakes with the Congregate Meals Manager at 828-586-5494



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CASHIERS CENTER - 217 Frank Allen Road, Cashiers. Monday through Friday from 8:30am - 3:30pm
(828) 745-6856



Barbara Reich using the hairdryer to dry her multimedia art project with instructor Billy Love.

Glenville Meals on Wheels volunteer Frederick Jefferson.



Robert Rice participating in the Drumming Class with instructor Mary Ferrick.



Rene Scofield listening to instructor Ester Lipscomb at the Bascom Pottery class for instructions on how to make the pottery project.



Chrome Book Computer class with participants looking to instructor Richard Broxson from the Fontana Regional Library for the next set of instructions. Participants include: Alison Clickenger, Brenda Clickenger, Jan Howard, Annita Eggleston, Norma Lilly, Linda Freeman, Judy Newton and Jill Noha.



Cherie Todd and Lisa Guttormsson working on their acrylic painting projects in the painting class with instructor Andrew Beck.



Brenda Clickenger and Bennie Rice are using weights for some of the exercise activities with Stretch and Strength Exercise instructor Sherry Franks.

Seniors from the Cashiers Senior Center posing with instructor Ester Lipscomb after the Pottery class at the Bascom.



VOLUNTEERING - If you are interested in volunteering for the Jackson County Department on Aging, please call (828) 586-5494. Additional volunteer opportunities are available in Jackson and/or Haywood Counties. Please contact John Chicoine, Volunteer Center Coordinator for Jackson and Haywood at (828) 356-2833.

The Haywood-Jackson
Volunteer Center



Registration for events whose seats are drawn by LOTTERIES (currently **Greeting Card, Basket & Pantry Power**). You may register at myactivecenter.com or call 586-5494 to add your name to the lottery for these classes once the Jacksonian has been published. Lottery winners will be drawn on the second working business day of each month for the following month's classes.

Lottery winners will be notified, or you can check your cart on myactivecenter.com, and **payment secures your registration**.
Cancellations: Please remember when signing up for classes that are either lottery based entry or classes that have a maximum limit of participants, to please call us in advance if you are unable to make it to a class you have a seat reserved in. The majority of these classes fill up quickly and then have a waitlist of other participants who would love a spot in the class as well. If you cannot make a class, by giving us advance notice it allows us to enter your peers into these classes. Thank-You -Senior Center Staff



**EVERY MONDAY
THROUGH SEPT 29TH
NO COST!
10:30AM-11:30AM
ROOM 135**

LIMITED TO 12 PARTICIPANTS BY LOTTERY SYSTEM

★ In these classes, participants will get hands-on in the kitchen as we prep, cook, and enjoy seasonally-inspired dishes that make use of nutritious and delicious pantry staples. Bring an apron and be ready for some culinary adventures with Uncomplicated Kitchen!

BRAIN FITNESS: DRUMMING

with Mary Ferrick

★ **Benefits of drumming**

Creates a sense of connectedness,
Challenges and sharpens your brain,
Strengthens memory, Reduces stress,
Boosts your immune system, FUN!

No experience necessary so every drummer is expected to participate.

May 7th at 1pm in Room 134



Workshop with Gayle Weiss ★

May 7th from 1-3pm
in Room 125

**All materials are provided for \$15 fee.
Limited to first 10 registrants!**

★ **Enriching Mental Health with Complementary Treatments Part 2: Meditation, Mindfulness, Spirituality, Yoga**



May 19th at 10:30am in the Heritage Room

Jewelry Making Class by Gayle Weiss ★

May 27th from 1-3pm in Room 125
\$15 for contributing participants and
\$20 for non-contributing participants
for supplies. Limited to the first 10 registrants



Create a one-of-a-kind bracelet or necklace with matching earrings. All materials will be provided, however, if you'd like to bring beads of your choice, here are some suggestions from the instructor: Michaels in Waynesville, Ms. A's Beads & Fabric in Whittier, and Chevron Beads in Asheville.

★ **iPhone & iPad Support with Jenifer Ross** **May 13th from 1-3pm in the Heritage Room.**

Bring your iPhones and iPads and Jenifer will help you with any questions and to teach you how to use your devices. Must bring either an iPhone or iPad only. No other devices at this meeting.

Max limit of 10 people | FREE!



Tai Chi for Arthritis and Fall Prevention **Tuesdays & Thursdays at 9:30am in Rm134**

★ **June 24th - September 11th**

➤ **Limit 12 • FREE** ◀



**Join us for Fun
and prizes!** ★

**Wednesday, May 21st
1:00-2:30pm in Rm135**



Jackson County
Department on Aging
100 County Services Park
Sylva, NC 28779
AGING@JACKSONNC.ORG



Non Profit Org
US Postage Paid
Waynesville, NC 28786
Permit # 18
@JACKSONCOUNTYDOA

ELECTRONIC SERVICE REQUESTED



Left to Right: Front Row: Frankie Dean, Kimberly Shuler, Karen Frady, Rose Garrett, Sam Shuler
Back Row: William Coward, George Sutton, Jamie Davis, Vernie Hodges



AARP volunteers assisted with tax preparation at the JCDOA and at the Library in Sylva.

The Sylva Senior Center hosts the following activities that were put together by participants who share a common interest in a craft. Come join in the fun!

Silver Watercolor Group

Painters gathering to enjoy fellowship and to support fellow artists (no instructor). All level painters are welcome! Bring your own supplies. ★

FREE! Limited to 10 registrants
Every 2nd and 4th Thursday of the month.
May 8th and 22nd: 1pm-3pm in Room 125



BASKET WEAVER FRIENDS

May 20th, 9am-2:30pm in Room 125

Join this once monthly group to work on your basket project. No instruction is provided. Bring your own project, materials, supplies, etc.

**4th Thursday of every month
10am - 12pm May 22nd Room 125**

Bring 10 pre-made greeting cards to our group of fellow card makers, where we will be sharing and learning from one another!

Limited to first 10 registrants

